THE ROANOKE TIMES.

EVERY MORNING, EXCEPT MONDAY. ROANOKE TIMES PUBLISHING CO., Publishers and Proprietors

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THE ROANOKETIMES PUBLISHING CO., Roanoke, Virginia.

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Radford-Radford Inn. Jenkin's News Depot, Norwood Street.
Salem-W. S Taylor's Book Store

Washington--Willard's, The Metropoli-

Norfolk and Western trains.

Rowell's American Newspaper Direc tory for 1891 puts the circulation of THE ROANOKE TIMES above that of any other paper in Southwest Virginia, and at more than that of all the other papers of Roanoke combined.

ROANOKE, VA., AUGUST 1, 1891.

THE POSTOFFICE SITE.

The balloting over the postoffice site is now progressing rapidly. Ballots are coming into THE TIMES office faster than ever. The leading site is being closely pressed, and any day may turn the scale. But a few days remain before the closing of the polls. Send in your ballots. To avoid mistake, let it be again said that no one can vote more than once. Several dupricate ballots from the same persons have been received, and all but one, of course, rejected. Fill out the following ballot and send it in at once:

I am	in	favo	rof	loca	ting	the	city	post-
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WANTED-JUSTICE!

Two grave cases are needing investigation at the hands of the police commissioners. The first is the assault of two officers on an unoffending young man in front of the Palace Hotel yesterday morning. From the testimony of all the witnesses whom THE TIMES has been able to reach, the assault was brutal and unprovoked. The object of attack was a young man who seems to have been made repeatedly the object of a mean and petty persecution at the hands of those whose duty it is to protect from persecution.

The second case is of such unutterable iniquity that the first, heinous as it is, loses rank and importance as the demons did in the presence of the archfiend himself. A poor colored woman, confined in the station-house on suspicion, charges that an officer entered her cell at night and committed a grave offense. Her statement is backed by corroborative detail and the statements of various witnesses. The story became current. An investigation was held by Mayor Evans.

THE TIMES charges flatly and without fear of successful contradiction that the investigation was held under such conditions and with so little judgment that it was a farce. The officer of all men, against whom suspicion and circumstantial evidence most strengly pointed, was allowed, when the police force was assembled, to sit in the strong light of a window so that his features were almost indistinguishable by the colored woman from the center of the room, when she was brought in to identify her assailant. She picked out another officer, resembling in no small degree the one in question. The officer she picked out easily established an

Not one of the other witnesses was allowed an opportunity to point out the culprit.

No member of the press was allowed to be present, though the facts of the care were thoroughly known to them. A request that a member of the press

be allowed to witness any further proceedings in the investigation was not complied with, but the woman, confused in mind, was afterward privately confronted with the officer against whom suspicion is directed and gave a wavering denial of his identify according to one story; according to another she refused to commit herself again.

What a mockery and mistrial of justice! If a forethought and designed attempt to shield the guilty party had been made, exactly the same course might have shrewdly been pursued.

THE TIMES demands, in the name of the people of Roanoke, that an immediate and rigid investigation of this case be had, and that steps be taken to protect the witnesses from any attempt at subornation.

THE LAST DAY FOR BALLOTING.

This is the last day for voting on the postoffice site. To-morrow morning the result will be announced. All ballots must be in by 10 o'cleck this evening. By the way the ballots poured in yesterday it is reasonably certain that every house in Roanoke will have been canvassed by to night. The result will be as clearly a popular verdict as could have been obtained had a regular election been held under the laws of Virginia.

There need be no controversy over the result. The whole contest has been conducted in the fairest possible manner and the people of Roanoke will have clearly indicated where they want the postoffice to be located. Having done that it is the duty of the Treasury Department to comply with their wishes, provided the property can be purchased at a proper figure

BEDFORD CITY.

The Normal School Over-The Farmers' Institute Next.

BEDFORD CITY, July 31 .- [Special]-The regular course of instruction at the Normal ended on Wednesday, and examinations for certificates began yesterday, continuing through the day. A great many of the teachers have already left, preferring to stand their examina-tions under their county superintendents.

The instruction has been thorough in every department, and the several in-structors, experts in their line of teach-ing. So successful has been this session, and so pleased both teachers and people

and so pleased both teachers and people of the town, in all probability strenuous efforts will be made to have the Normal in Bedford City again next year. This week has been an interesting one in the way of lectures and entertainments. On Tuesday night a large number of people listened to Prof. A. M. Hughlett on cratory. He gave selections showing the manner and peculiarities of the various classes of orators. First came the hardshell preacher, with his nasal intonations. The college graduate, as he delivers his valedictory, was impersonated, and in the characterization of this phenomenon the speaker made quite a "hit." The temperance or tor, stump speaker, obstruse lawyer, and the Fourth of July orator, all received due attentions and well deserved plaudits.

On Thursday night at the academy a consulimentary benefit was entire to a second or a consulimentary benefit was entired.

on Thursday night at the academy a complimentary benefit was given to Mrs. Wm. M. Strather, of Lynchburg, one of the instructors in elecution in the normal normal.
Messrs. C. A. Board, F. A. Smith and

W. F Fisher are the appointed delegates from the Baptist Church, this gates from the Baptist Church, this place, to the annual meeting of the Strawberry Association to be held in Lynchburg on next Tuesday, August 4. The house of Jas. Logwood was sold this week to Mrs. Capt. Moore, daughter of our townsman, C. D. Reynolds. The sale was made through Real Estate Agent R. M. Curtis and price paid was 12 850.

Ouite an interesting game of ball was

Quite an interesting game of ball was played yesterday between the two local teams, the "Fats" and the "Leans." After the "Leans" hadbroken down the "Fats," the score was announced 17 to 16 in favor of the "Fats."

The Redford's have not been idle dur-ing this good weather, and expect to make the Roanokes hustle for to-morw's game. Now that the normal is something

Now that the normal is something connected with the past, except in the good results that must necessarily follow, Bedford is looking foward to the Farmers' Institute on the 6th and 7th of August. Competent lecturers, paid by the State board of agriculture, have been secured, and a varied and interesting programme arranged. Dairying, sheep raising, fruits, protection of orchards from insect pests, and topics of kindred nature will be ably and practically discussed. The lectures will be delivered at the academy and will be cally discussed. The lectures will be delivered at the academy and will be

Where do you want the postoffice? KILLED BY THE CARS.

A, P. Blair, of Wytheville, Meets an Untimely Death at Max Mendows

WYTHEVILLE, July 31.-[Special]-Mr. A. P. Blair, a son of Capt. Frank S. Blair, while attempting to board a freight train at Max Madows, en route to Wytheville, fell under the cars and was badly mangled. Both legs were crushed. Physicians were summoned from Wytheville but he died at 2 o'clock this afternoon. The remains will be brought here for burial. This community is in great gloom over the sad co-

Test of Nickel Steel Armor Plate.

Washington, July 31.-[Special]-The Navy Ordinance Department has made a very careful test of the nickel steel armor plate, and obtained satisfacthe department has decided to order ten three-inch plates for use on the upper layer, and of the protection deek of the cruiser New York, and if the plates can be obtained at a satisfactory price they will be used on cruiser No.12.

The Roanoke Electro Plating Company, 112 Jefferson street, will plate anything you want plated—New York prices—with gold, silver or nickle.

GENTLE GYMNASTS.

The Means by Which Women May Become Muscular.

Simple Instructions for the Guldance of Members of the Fair Sex Who Are Desirous of Developing

Light gymnastics embrace the use of dumb-bells, bar-bells, Indian clubs, wands, hoops and exercises without wants, noops and excresses without anything whatever in the hands. Marching, deep breathing movements, poising, stretching and equilibrium exercises, all of which have in a great measure grown out of the Delsarte system, also come, says the Ladies' Home Journal, under the general term, light

The beneficial results of all these are many and varied. Hardly anyone is too weak for gymnastics. Gentle massage will start the muscles and send the blood into healthy circulation. Then the patient should help herself. One of advantages of light gymnastics is that the sick and convalescent can make what appear to be trifling efforts and by them, in time, be restored to active health. If too feeble to be praeactive health. If too feeble to be practically able to make but little exertion, try what are known as deep breathing movements. Lie flat upon the back, take as long and deep breaths as possible, and while the mouth is closed, slowly throw the arms up in front and then at the sides. Rest for ten minutes. Try again the same inhalation and exhalation of air, the latter being pure and fresh. After awhile attempt the same, sitting up. These exercises can safely be taken by the sick one every day several times, and the whole mus-cular system will be improved, just as if some revivifying tonic had been given, a far betterone than any charged with alcohol or some like stimulant.

From this step to the use of light ap-paratus in the dumb-bells is a short one. But the mistake is too often made in trying to be too muscular, and using bells of too great a weight. Attempt bells of too great a weight. Attempt nothing above your strength at the start; it is even better at first to go under it than over it. Above all things be methodical and regular in these exercises. Irregularity in anything—habits, expenditures, diet—brings its uncomfortable reward. Exercise must be constant and systematic to be effect-

If a beginner purchase wooden dumbbells of a pound each in weight.

Stand with the heels together, body erect and head up. Place the bells on the shoulders and push up that in the right hand to a count of eight or twelve; then the left; then both together at the same time.

Place the bells on the chest: push the right-hand bell out in front eight times, the left-hand afterward, then both.

Push the bell in the right hand out from the chest to the right, the left the same, and next both.

Put bells under the armpits. Curl them out alternately and at the same time.

With bells on the shoulders roll out as in the movement above described.

Strike the bells quickly over the head and under the right leg; then the left leg, then again behind the back.

With the right-handed bell extended from right side at right angles with the body, strike it as if it were an anvil eight times with the bell in the left hand as a hammer. Do this in the same manner to the left and in front, holding the bell that acts in lieu of anvil on the right and left knees.

These are but simple movements. These are but simple movements. A teacher in the gymnesium will give you dozens more. But just after the morning bath, in a cool room, before the corset is put on, if tried for five or ten minutes daily will end in sending a glow through the body and bringing a rich tint to the cheeks. Beauty is not rich tint to the cheeks. Beauty is not always born; it can be made. Not with cosmetics; try light gymnastic exercises and you will prove to your own satisfaction that a light step, a bright eye, a clear, good-colored skin, without the faintest hint of rouge or powder, makes a woman truly beautiful, as well as "healthy, wealthy and wise."

Apropos of this last assertion, that a woman can grow wiser, res actually

woman can grow wiser, res, actually know more, from regular gymnastic exercise is an established truth.

The greatest practical result of both light and heavy gymnastics is the fact that the mind grows in proportion to the muscle. The muscles need a will, and a strong one, to control them. The moving to exact time and to music demanded by these exercises when taken in the classes of the gymnasium has its effect on the brain, and it is as important as the resulting physical gain. Dr. W. G. Anderson, the specialist, states that women who by reason of undeveloped will power cannot compel this servant to aid them in works they must perform are greatly benefited light gymnastic exercises; and that those women who are sensible enough to adopt the methods that make men the stronger, the healthier sex, who expect to be known as the mothers of healthy children, and, above all, women who wish to aid in the realization of the ideal human being, whether mentally, morally or physically, are able to be all that they would be by gymnastic ex-

It is a constant source of complaint that American women are not graceful. And the dancing school has been until recent years the refuge for the awkward and unbalanced-muscled young or old woman. But much more valuable is the gymnasium in itseducation of the feet, and of the poise and carriage of the body.

To this end fancy step movements are given, and grace and ease of self results. Then, too, dexterity is a quality the phlegmatic, slow-by-nature girl and woman needs to get on in this busy, work-a-day world, where she who moves the quickest and thinks the fastest, keeping her mind clear and steady on what she has in hand, puts to rout the moral of that uncient fable of the hare and tortoise, in reaching the goal long before her slower and more delibjuly26-1mo | erate neighbor.

A WARRANT ON CREDIT.

Dave Logan Objects to Paying Cash for Having an Italian Avrested.

A negro named Dave Logan swore out warrant last night for a man named Shiblett, who keeps a store in Old Lick, charging him with attempting to kill him with a knife.

Logan exhibited a wound in his left Logan exhibited a wound in his left hand and said he only saved his life by striking Shiblett with a stone. He tried to hit him on the head, but the rock struck him about the ear. When the warrant was granted he was told it would cost fifty cents. He thought he ought to have it on credit. He had gotten them in Halifax county on credit. He got the warrant on credit, and it was excuted last night. Both men will have to answer the charge of fighting.

Vote for the postoffice site.

Back From the Bar Association.

Judge Samuel J. Williams returned resterday from Greenbrier White Sulphur Springs, where he attended the annual meeting of the Virginia Bar Association. Roanoke was well represented, he says, quite a number of her legal fraternity being present. The banquet was a magnificent affair, and the responses to the toasts intellectual feel of the highest order. The judge says there are no nickels and dimes in circulation at the Greenbrier White. Soda pop sells for twenty-five cents a glass, but it costs nothing to breathe the pure mountain air and gaze upon the many pretty women present. The remainder of the Roanoke delegation will return later. phur Springs, where he attended the

Arrested in the "Flats."

D. O. Baldwin and G. L. Carter were arrested last night at Ida Crutchfield's house in the Flats for being drunk and nouse in the Flats for being drunk and raising a disturbance. Baldwin resisted so strenuously that Officer Gee tapped him with his billy, causing the blood to flow quite freely. Carter interfered and was arrested by Sergeant Jones. He had a pistol on his person and the charge of carrying concealed weapons was preferred against him. ferred against him.

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july21-cod to sept20. Presiden

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cash, balance \$16 per month. 10-room house in West End, lot 50x150, price \$4,000,

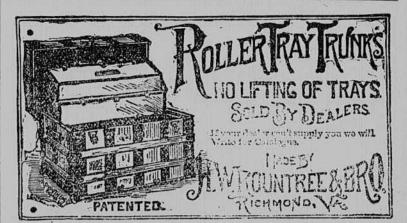
\$500 cash, balance on easy terms. House on Campbell street between Park and Grove, 9

rooms, lot 60x130, price \$5,500. 6 lots on South Jefferson street, 50x150 feet each, price \$500 each. The purchaser will double his money.

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